

# Recovery & Wellness

A Path to Whole Personhood



# Individual Healing

## Chapter 1

### Feeling better and being Effective



# Self Esteem

- Reasons I Like Who I Am
- The End of Guilt and Shame
- Rebuilding My Identity
- The Role of Positive Emotions
- The Courage to Face Myself
- Mindful Living



# Self Help

- It's the Effort not the Goal
- Ten Minute Goals
- Using Peer Support
- Finding Resources
- Making Choices
- The Journey of Recovery



# Resilience

- Persistence and Support
- Goals Setting
- Finding and Using Your Strengths
- One Day at a Time
- The Role of Hope
- Finding Meaning & Purpose



# Pathways of Recovery

## Chapter 2

Finding Strength to be all we  
where meant to be



# Spirituality

- The Role of a Higher Power
- Feeling the Human Connection
- The Role of Religion
- Being a Lamp Unto Your Self
- The Role of Community
- Impermanence and Change



# Empowerment

- Power With Not Power Over
- Building Personal Power
- Your voice is heard
- Meaningful Action
- Developing People Skills
- The Power of Experience



# The Power of Choice

- Who is in Control
- Creating Your Own World
- The Marshmallow Test
- Exploring Your Options
- Little Positive Choices Daily
- Persistence and Resilience



# Winning the Inner Battle

## Chapter 3

### Finding Strength to Change



# Positive Thinking

- Dealing with Negative Thoughts
- The Silent Observer
- Moving From Problems to Solutions
- Mindfulness and Thoughts
- Silencing the Inner Critic
- Attitude: What is Possible



# The Present Moment

- Forgetting the Past
- Strength in the Present Moment
- Moment to Moment Living
- The future is Not here Yet
- Forgiveness in the Present
- Acceptance and non-judgment



# Connecting to Society

## Chapter 4

### Environment and Change



# Community

- The Power of Environment
- We Are All in This Together
- Working within Community
- The Power of Good Company
- Peer Experience & Support
- Protecting Group Integrity



# Lifestyle

- Healthy Choices
- Dealing with Addictions
- Taking Care of Yourself
- You are Important
- Helping Others, Helping Yourself
- Creating Lifestyles with Choice



# A New Reality

- Freedom From Habits
- Taking Control & Responsibility
- Creating Your new Reality
- Brave New World
- You are a Hero not a Victim



Thank You

